

**Why we are**

**depth discussion of**  
**we're doing and why**  
**all so important.**

**-Page 6**

Photo illustration by Tech. Sgt. Polly Bennett

**-Page 6**

***-Page 3***



**-Page 4**

## ***Buckley Viewpoint:* Honoring those who served**



# Buckley Viewpoint

## For those who've served, we thank them

**By Mr. Randy Henline**  
*Director, 460th Services Division*

Honor Guard – the name says it all. The Buckley AFB Honor Guard team carries out one of the most important missions that we have on this installation as they provide honors to fallen warriors in the Denver metro area. This congressionally mandated program requires we provide a professional, meaningful service for those who've served in the Air Force. Active duty, retirees and veterans are honored for their dedication to our country.

Honors are provided every day of the week in every conceivable weather condition, and these services do not go un-noticed. Weekly, we receive letters from families thanking the team for their professionalism and commitment in honoring their loved one.

This experience is much more

than a duty for those on the team; it is an opportunity to represent the Air Force in saying thanks to family and friends for sharing their loved one in the defense of our nation. Some team members have learned the importance of the military through this experience and others have made career changes as a result of this duty. Those currently serving best define the significance of the honor guard:



**Airman 1st Class Charity Estada, 2nd Space Warning Squadron:** "While walking away after a funeral, a member of the deceased family will catch up with us with their sincere thanks and appreciation for performing the funeral detail. A veteran came up to us wanting to know where we were stationed and then says "when

I was in the Army Air Corps..." it's amazing how much pride they themselves have, so there is no reason we can't share that with them."



**Airman 1st Class Anya Scarborough, 460th Civil Engineer Squadron:** "I like the camaraderie and the pride I get from everyone on the team.

Knowing I can make a difference and honor a veteran or a retiree everyday I come to work makes it all worthwhile."



**Staff Sgt. Mark Schwartze, 460th Communications Squadron:** "I enjoy giving back a little of what the Air Force has given me. Continually working to be a cut above the rest;

setting the pace for Buckley AFB. Looking into the eyes of a widow(er) or child and offering them our National Flag, while holding one's military bearing, is a special opportunity."



**Airman 1st Class Jon Stone, 2nd Space Warning Squadron:** "It is not a privilege, it's an honor. My family is full of military members

– from Army to Air Force. I have seen and know what it means to those families to have the last military rights provided for those who bravely and honorably served their country. The honor guard has changed my life for the better – in more ways than one."

To be a part of something special, call the honor guard office at 303-677-6888 and volunteer for the experience of a lifetime.

# Action Line

## 677-6887

newspaper@buckley.af.mil



Col. Allen Kirkman Jr.

### Frequently Dialed Numbers

AAFES (BX).....	720-859-9626
Auto Center.....	720-859-9626 ext.168169
Barber Shop.....	720-859-0933
Base Operator.....	303-677-9011
Beauty Shop.....	303-340-2644
Chapel.....	303-677-6411
CDC.....	303-677-6175
Commissary.....	303-677-7100
Dental Clinic.....	303-340-3037
Education Office....	303-677-6675
Fitness Center.....	303-677-6144
Household Goods..	303-677-6685
ID Cards.....	303-677-9159
ITT.....	303-677-6398
Legal.....	303-677-6444
Medical Care.....	303-677-6474
MPF.....	303-677-9159
Pass and ID.....	303-677-9381
Tricare.....	1-888-874-9378

**Q:** I have an issue that distresses me greatly.

On nearly a daily basis I visit the food court at the Base Exchange. Nearly every time I visit I am dis-

appointed by the lack of military courtesy. This is simply a failure by enlisted personnel to initiate the courtesy known as saluting. Every time I see this I correct it on the spot.

The correction is usually taken well and the apology is heartfelt. Generally, (in all cases except two) the person who fails to render the salute is an Air Force or National Guardsman.

I don't mean to pick on any one service; however this seems to be predominantly Air Force issue. I am not overly concerned about Drill and Ceremony or courtesy. This however seems to be out of control.

**A:** Thank you very much for bringing this to my attention. There is absolutely no excuse for not rendering the proper military courtesy at all times. I view this as an across the board leadership issue and will ensure I convey my concern to all of Team Buckley's leadership. Let me also thank-you for consistently doing the "right thing" and correcting this blatant disregard for our military customs and courtesies.

### Saluting Facts

**Air Force Pamphlet 36-2241.7.5.1. Saluting Outdoors**  
**Salutes are exchanged upon recognition between officers or warrant officers and enlisted members of the Armed Forces when they are in uniform. Saluting outdoors means salutes are exchanged when the persons involved are outside of a building. For example, if a person is on a porch, a covered sidewalk, a bus stop, a covered or open entryway, or a reviewing stand, the salute will be exchanged with a person on the sidewalk outside of the structure or with a person approaching or in the same structure.**



The *Mile High Guardian* is published by the Aurora Publishing Company, a private firm in no way connected with the Department of Defense, under written agreement with Buckley Air Force Base. This commercial enterprise newspaper is an authorized publication for members of the U.S. military services. Contents of the *Mile High Guardian* are not necessarily the official views of, nor endorsed by, the U.S. Government, Department of Defense, its components, or the Department of the Air Force.

The appearance of advertising in this publication, including inserts and supple-

ments, does not constitute endorsement by the Department of Defense, its components, the Department of the Air Force or the Aurora Publishing Company of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital affiliation or any other non-merit factor of the purchase, use or patron. Editorial content is edited, prepared and provided by or under the direction of the Public Affairs Office at

Buckley Air Force Base. All photographs are Air Force photographs unless otherwise indicated. The *Mile High Guardian* welcomes unsolicited articles; however, we will not guarantee publication. The editorial staff, listed to the right, also reserves the right to edit the final appearance of articles in this publication. All submissions are edited for accuracy, brevity, clarity and military newspaper style in line with current journalistic standards. To reach us, call 303-677-9431, fax at 303-677-6887 or email us at newspaper@buckley.af.mil.

### Buckley Editorial Staff

**Col. Allen Kirkman Jr.**  
*Commander*

**John M. Spann**  
*Chief, Public Affairs*

**Staff Sgt. Christine Castillo**  
*Editor*

**Airman 1st Class Chris Smith**  
*Staff Writer*

### Correction

In the Jan. 16 issue of the *Mile High Guardian*, the article titled, 'Home At Last' contained errors. The Buckley Housing Project was described to include a golf course. There are currently no plans to build a golf course in the new housing project. We apologize for the error and any inconvenience it may have caused.



# Air Force revising technical data for new logo

**WASHINGTON (AFPN)** — Air Force clothing office officials are asking airmen to wait a few weeks before having their lightweight blue jackets embroidered with the Air Force logo.

“We’ve had an overwhelmingly positive response in regards to placing the logo on the jacket,” said Libby Glade, Air Force clothing office chief. “However, we have also received numerous questions from embroidery vendors and private individuals about the logo. We are revising the technical data to obtain an embroidery software format to ensure a high-quality, con-

sistent appearance.”  
A contractor is currently working on a digitized pattern, which will be available online at [www.af.mil/airforcestory](http://www.af.mil/airforcestory) by the first week of February, Ms. Glade said. This pattern should be compatible with 90 percent of the embroidery software programs used by vendors.  
“We are advising vendors and individuals to hold off on embroidering until further guidance is available,” she said.  
Besides the digitized pattern, complete, updated specifications for embroidery will be available

online. These specifications will include a diagram of logo placement and design elements, such as thread color and number, font style and size, stitch style and count, and spacing.  
Ms. Glade said those individuals who have already had their jackets embroidered based on the current Web site logo guidelines and the previous news article are authorized to wear their embroidered jackets.  
“However, we are advising that since this software will ensure conformity with the AF logo guidelines and provide uniformity across the



Courtesy photo

**Air Force officials have said to hold off on new cloth logos.**  
AF, it would be best if individuals refrained from having their jackets embroidered until the software is available,” she said.

## Wing receives 2nd AFOUA

**By Airman 1st Class Chris Smith**  
*460th Public Affairs*

The 460th Air Base Wing recently was awarded the Air Force Outstanding Unit Award (AFOUA) for accomplishments from October 2002 until October 2003.

The interesting thing about the award is that it’s the second year in a row the wing has received this recognition.

Winning the award didn’t come as a surprise to Chief Master Sgt. Rene Simard, the 460th Air Base Wing command chief who said it was more than deserved.

“The AFOUA is about teamwork and over the past

year, our officers, enlisted and civilian personnel have demonstrated what teamwork is all about,” said Chief Simard.

Aside from having a biased opinion on how deserving the men and women of the 460 ABW are of this award, Chief Simard said the important thing is that Air Force leadership recognized the great accomplishment of the people and approved the award.

“The AFOUA is a testament to the professionalism and hard work exhibited by 460th personnel. One of our core values is ‘excellence in all we do’ and we embrace this core value each and



every day,” said Chief Simard.

The accomplishments of the 460th Air Base Wing are also well deserved in the eyes of the installation commander.

“It’s no surprise to me that the 460th Air Base Wing received the Air Force Outstanding Unit Award for two years straight. This wing’s members consistently perform above the expected level ... they are truly professionals who have dedicated themselves to getting the job accomplished in a superior manner,” said Col. Allen Kirkman Jr., 460th Air Base Wing commander.

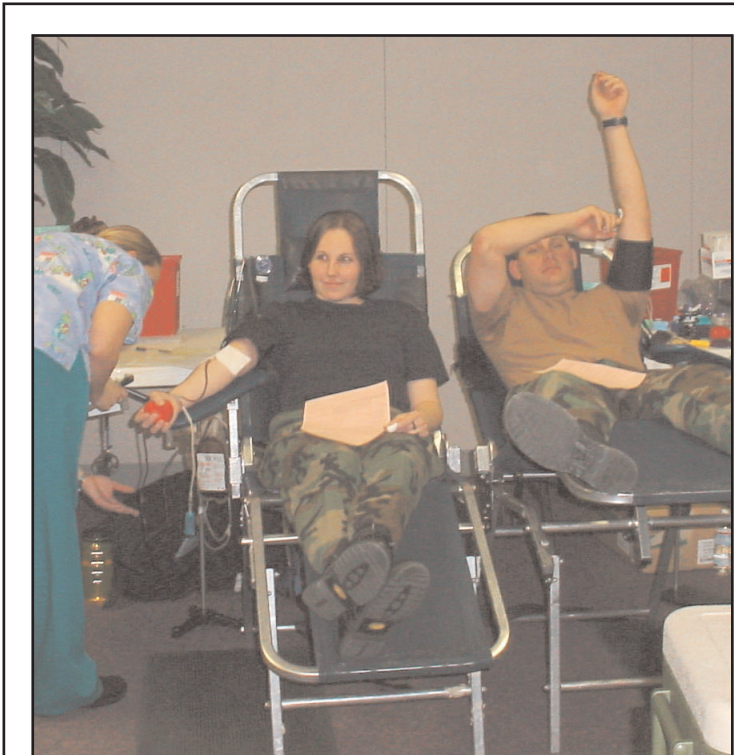


Photo by Bethany Healey

**Giving it their all**  
Staff Sgt. Luna Winner, 460th Communications Squadron and Airman 1st Class Scott Sherrell, 566th Information Operations Squadron sit back and relax while donating blood at the blood drive Jan. 16.

## Put Your Two Cents In: Help Name Buckley’s New Housing Community

The 460th Air Base Wing is now accepting nomination forms from Buckley personnel for the naming of the new housing community that is currently in the planning phase.

1. Invitations to enter names for the new housing community at Buckley are available through the *Mile High Guardian* and the Housing Management Office (HMO).
2. You may submit your own name or choose a name from the below listed names.
3. Please submit your nomination with names from historic individuals or events, historic Air Force themes, geographic resource, (e.g. flowers, trees, mountains or peaks), ecological resource, ski resorts, etc.
4. Nominations will be accepted

through Feb. 23. The top five nominated names will be entered into the final phase of the selection process. The 460th Air Base Wing commander and his staff will make the final selection.  
The following are just some of the suggested names for the new community

**Tollgate Heights**  
**Sky Ridge Commons**  
**Rocky Mountain Village**  
**Falcon Place**  
**Tollgate Estates**  
**Satellite Heights**  
**Summerfield Heights**  
**Falcon Estates**  
**Hillcrest Park**  
**Falcon Commons**  
**Rancho Commons**

**Prairie Village**  
**Cottonwood Heights**  
**High Country Estates**  
**Cottonwood Estates**  
**Eagle Commons**  
**Cottonwood Manor**  
**Challenger Heights**  
**Lincoln Estates**  
**Peak View Estates**  
**Lincoln Park**  
**Mountain Place**  
**Buckley Manor**  
**Mountain Highlands**  
**Bluffs at Buckley**  
**Village Manor**  
**West Buckley Estates**  
**Sky View Village**  
**Aspen Heights**  
**Vail Village**

To submit your idea, fill out the following information and drop the form off at the Buckley Housing Office in Bldg. 606 or e-mail the below information to [tom.hannon@buckley.af.mil](mailto:tom.hannon@buckley.af.mil).

**Your Name and Rank:**  
\_\_\_\_\_

**Please make your nomination here:**  
\_\_\_\_\_  
\_\_\_\_\_

**Date:** \_\_\_\_\_

# Blotter Entries

## Duress Word Passed

Location: Mississippi Gate

Security forces notified the law enforcement desk that during a vehicle search, a person attempting to enter the Mississippi Gate search lane passed a duress word. Security forces placed the individual at a disadvantage. Two patrols were dispatched for assistance. A cordon of the search pit was established. Upon investigation it was revealed that the individual did not pass the actual duress word but said something close to it, causing the response from security forces.

## Suspicious Package

Location: Bldg. 201, Base Mail Room

A contractor notified the law enforcement desk that a suspicious package had been found in the mailroom and an evacuation was initiated. Four patrols and two military working dog handlers were dispatched for assistance. The Arapahoe County Bomb Squad and Rural Metro Ambulance Service were contacted and dispatched for additional assistance. The owner of the package was contacted and was sent to verify if the package belonged to her. The fire chief terminated the response after the military member verified the package was hers.

## Fire Alarm

Location: Bldg. 1500

The fire department notified the law enforcement desk that an

engine responded to Bldg. 1500.

One patrol was dispatched for assistance. The fire chief terminated the response after the cause of the alarm was contractors spray painting too close to the alarm sensor.

## Emergency Response

Location: Bldg. 430

The fire department notified the law enforcement desk that an engine responded to Bldg. 430 for a fire alarm. Two patrols were dispatched for assistance. The fire chief stated the cause of the alarm was a system error and terminated the response.

## Emergency Response

Location: Bldg. 430

An off-duty security forces member notified the law enforcement desk that a contract employee had a deep laceration to the right leg. The fire department responded to the call. One patrol was briefed and dispatched for assistance. The member’s supervisor chose to transport the victim in his own vehicle to a local medical facility.

## Assistance Rendered

Location: Buckley Annex

A Buckley Annex security guard contacted the law enforcement desk and requested assistance with locating a janitor who had their employment terminated and had fled into the facility. The employee’s supervisor had successfully taken their security badge at the time of the

incident. The law enforcement desk was notified of the incident after two sweeps of the facility were conducted with negative findings. Two patrols were dispatched for assistance. The janitor was later located at a relative’s house.

## Emergency Response

Location: Bldg. 630, Dining Facility

The fire department notified the law enforcement desk that an engine responded to Bldg. 630 for a fire alarm. One patrol was dispatched for assistance. The fire chief stated the cause of alarm was workers neglecting to turn on the exhaust fan and terminated the response.

## Theft Of Private Property

Location: Bldg. 1007, Mechanical Room

A military member notified the law enforcement desk of a theft of personal property at Bldg. 1007. One patrol was briefed and dispatched. The military member made a written statement that on Jan.14 around 6 a.m. they placed two rings and one watch into a gym bag. When the individual returned from the gym, they first placed the bag on a computer, then secured it in a locker. She stated the bag was left unattended for over an hour. When the bag was removed from the locker, they noticed the items were missing. The approximate value is less than \$500.

## Emergency Response



Location: Bldg. 401, Aerospace Data Facility

The fire department notified the law enforcement desk that an engine responded to Bldg. 401 for a female suffering from chest pains. One patrol was dispatched for assistance. The military member was treated on-scene by fire department personnel and transported to a local medical facility.

## Fire Alarm

Location: Bldg. 28, Buckley Dormitory

The law enforcement desk received an alarm activation from Bldg. 28, Buckley Dormitory. One patrol was briefed and dispatched for assistance. The fire chief stated the cause of the alarm was the use of a curling iron and terminated response.



# 460 MSS receives outstanding squadron award

**By Airman 1st Class Chris Smith**  
460th Public Affairs

The 460th Mission Support Squadron at Buckley Air Force Base received the Outstanding Mission Support Squadron Award (small MSS) in Air Force Space Command for 2003.

The award was announced Jan. 5 along with other AFSPC winners for the 2003 mission support awards.

Master Sgt. Amy Cook, first sergeant for the 460 MSS, said new programs at Buckley were a large part of why the MSS received the AFSPC award.

“The main contributing factor for us receiving the award is that our people have worked extremely hard in setting up some very impressive programs,” said Sgt.

Cook. “We have come a long way since we stood up as a base and we have a lot further to go to get to where we want to be.”

The MSS commander said he was happy to find out his squadron was receiving the recognition. He said the flights within the squadron had been working very hard and it was a pleasant surprise to be recognized for those efforts.

“I clearly believe our squadron deserved this award,” said Lt. Col. Paul Bauer, 460 MSS commander. “Few units do well on their first major inspection and to get an ‘excellent’ rating during the AFSPC unit compliance inspection demonstrates the quality of people we have here.”

The next step for the award-winning squadron is at the Air Force level.



Photo by Staff Sgt. Christine Castillo

**Joe DeLorenzo, education office counselor assists 2nd Lt. Shane Skaggs, 460 ABW MEO chief and Lt. Col. Paul D. Bauer, 460 MSS commander in filling out paperwork. The 460 MSS received the Outstanding Mission Support Squadron (small MSS) for AFSPC.**

# Cover Story

## What in the heck is War Week?

*Taking a closer look at what we're doing, why we're doing it, how important it is to play real*

**By Lt. Col. Darrell Hejde**  
*Deputy commander,  
460th Mission Support Group*

What in the heck is war week?  
I asked the same thing not too long ago. I experienced one in November and now I have a better idea. I am concerned that not everyone has the same level of understanding so I'm writing this to help everyone get on the same sheet of music.

Currently the 460 ABW is just that...an Air Base Wing. In May of 2004 we're going to transform to a Space Wing. That means we'll have an operational mission (space warning). Several space warning squadrons will transfer to our control and we'll add an operations group (and maybe a medical group too).

Prior to that big event, the air base wing is slated for an Operational Readiness Inspection (ORI). An ORI measures our ability to deploy and employ troops. This involves many things including use of chemical warfare equipment, self-aid and buddy care, mobility processing and a slew of other "exercise" things.

### Mobility

In preparing for this ORI, we need to do many things. Some are already done, some are in process and some are still in the starting blocks. Some preparations are up to your leaders. These things include: organizing a battle staff, setting up Unit Control Centers (UCCs), placing some of you in Unit Type Code positions (UTCs), procuring the needed equipment, setting up the base for "the war" and training the troops.

Some of these preparations are individual responsibilities. They include things like: having your shot records current, having a will on file, getting military IDs (CACs) updated, arranging for your dependants needs, getting physicals updated, checking equipment for functionality, and a host of other things.

Probably the most important individual preparation you can do is attitude. A good team attitude can go a long ways to help the wing prepare for war (or a simulated

war). Things you can do to prepare include: promptness to events, display professionalism at all times, ask questions when you don't understand, and, most importantly, during the exercises...show a sense of urgency (as if we were really going to war).

### The Scenario

For the ORI, just like we've done for the war weeks, we'll follow a basic pattern. We'll start the exercise with a simulated warning order telling us to prepare to deploy some number of troops. When the warning order "drops", we'll call all the senior leadership and stand up a battle staff. From that moment on, the battle staff will be the single focus for organizing and deploying the troops and responding to threats and attacks.

During this first phase you will also see several simulated events occurring such as terrorist attacks, aircraft accidents, hijackings, and other crisis. The Force Protection Conditions and Information Conditions will probably change (more than once) and the base may be "attacked".

The personnel deploying will be identified and they will start preparing to process. This means that anyone identified will make sure they are ready with all their mobility stuff done (physicals, shots, dental, equipment, etc).

We'll set up a processing line at our Deployment Control Center (DCC) which for us is located in Bldg. 950. Representatives from the medical squadron, legal office, finance, OSI, readiness and others will prepare a mobility line and several briefings.

Within a few days of the warning order, a deployment order will come down. That's when we'll "populate LOGMOD"- which means the mobility people will determine the chalk (flight) that the people and equipment will go on and load that into a computer database.

Once the chalks are set, then the designated deploying people will be notified of when to show up at their units "ready to go." This will normally be several hours before the chalk is scheduled to leave. There are several things to do prior

to departure, but there will still be a lot of "sit around" time. Please be aware that this is not punishment! It's programmed slack time to ensure we can process everyone properly.

The weak link in November's War Week was mobility processing. We failed to get our chalks out on time because we were not prepared to process in an efficient manner. Your leadership has been working hard to make sure that part is fixed. As individuals you can help by making sure all your requirements are met before you show up to process. This is critical! If you have questions about whether you're ready, contact your Unit Deployment Monitor (UDM) and ask. Know what's in your mobility folder.

### The "Other" Events

While we're mobilizing, we will also be defending the base. This means we will respond to any "inputs" from the inspection teams such as: base attacks, AWOL people, terrorists, crashes, etc.

If it's determined that a NBC (Nuclear, Biological or Chemical) threat exists, then you will be directed to MOPP up. MOPP stands for Mission-Oriented Protective Posture and is basically a five level (0-4) system to dress in chemical gear. It's based on the specific threat. MOPP 4 is the highest level and means put everything on (chemical suits, mask, gloves, boots, etc). MOPP 0 means carry the stuff and have it available. There's also a MOPP Alpha.

Review the Airman's Manual to see all the MOPP levels. There's a great web site that has the Airman's Manual on-line. It even let's you test your knowledge of the manual with on-line quizzes. The site is at: commweb.hill.af.mil/AMT but can only be accessed from a .mil computer (on base). There are also plenty of hard copies available. Check with your UDMs for your free copy.

### Chemical Warfare

Since we are limited at Buckley by space, equipment, layout and over 40 tenant units, the way we are going to play the chemical game is a bit unorthodox. The play-

ers will be designated by their commanders and will have all their appropriate chemical gear with them as if we are in a high threat environment. When you get out of your car coming to work, don the appropriate chemical gear and "step into the role." If the base is attacked then do the appropriate thing.

That could mean diving (gently) under a desk or table and putting on your helmet. This would be the situation if we were in a MOPP 0 status and chemicals were not considered a threat. It could also mean diving under the same table but putting on your chemical warfare gear in a very expeditious manner and waiting for a chemical response team to sweep the area. Then, depending on what they find, either take off your gear or continue working, but wearing your gear while you work. The current MOPP level determines your response. MOPP levels will be issued by the battle staff and come over Giant Voice and other communications systems.

This is where the individual really shines. If you show a true sense of urgency and get into the role playing, then your training will be a lot more effective and the inspection will go well. If the alarm sounds and you cuss and grudgingly get under a desk and half-heartedly put on your gear, then we will accomplish nothing. We will only show that we are not ready to go to war. The warrior spirit in all of us needs to shine.

Now, while you are under your desk dodging chemical weapons, there will probably be a lot of people walking around like things are normal. They could be civilian employees, or military members who's real job requires them not to play, or inspectors, or customers or visitors. So, as you can see, this will be somewhat unusual. The key is to do what you are supposed to do and ignore the non-players. It will take great professionalism to accomplish this, but we know you can do it.

### Self-Help and UXOs

There is also a chance you may have to exercise your self-help and

**-See Exercise, Page 8**



# Buckley Happenings

## Military Personnel Flight

The Military Personnel Flight (MPF) customer service desk will be the home of the new Personnel/Finance customer service desk. This merger will allow all personnel to be serviced at one location rather than two separate offices.

The MPF customer service counter in Bldg. 606 is currently closed while construction takes place.

The estimated date the MPF will reopen is Feb.1.

Until the reopening of the MPF service desk, there are alternate locations for people to get their ID cards.

- ♦Navy Personnel Center, Bldg. 1301 Monday through Friday, 7:30 a.m. to 3:30 p.m.
- ♦Army Personnel Center, Fitzimmons Bldg. 262, Monday through Thursday, 8:30 a.m. 4:30 p.m.

## Mile High Guardian

The *Mile High Guardian* is now available online!

Log on to [www.buckley.af.mil](http://www.buckley.af.mil) and click on the *Mile High Guardian* link to view current or past editions.

### Tell us your ideas

Story ideas are always welcome. If you have a story idea, send an e-mail to [newspaper@buckley.af.mil](mailto:newspaper@buckley.af.mil), call us at 303-677-9431 or send us a fax at 303-677-6887. Submissions are also welcome.

## Military Equal Opportunity

The 460th Air Base Wing Military Equal Opportunity office is giving away free badge holders and lanyards to anyone wanting one. Just visit their office in Bldg. 606, Room 185 and pick up yours.

Units wishing to also have a supply on hand for their personnel may contact 2nd Lt. Shane Skaggs at 303-677-6140.

## Family Support Center

### TAP Seminar

There will be a Transition Assistance Program (TAP) seminar Feb. 3-6 in the Bldg. 606 auditorium at Buckley from 8 a.m. until 4 p.m. Resume writing, interviewing, veteran and health benefits and other topics will be covered.

TAP is for transitioning military personnel and their spouses from active duty.

For more information or to register, visit the Buckley IDS web page at [www.php-ids.com](http://www.php-ids.com)

### Resume Workshop

There will be a resume workshop on Tuesday from 1 to 3:30 p.m. in Bldg. 606, Room 113 if there is enough interest. You may

bring a resume, but it is not necessary. It is open to military personnel, their spouses and federal employees. Register on the Buckley IDS web page at [www.php-ids.com](http://www.php-ids.com).

### Interviewing Skills Workshop

An interview workshop is scheduled on Feb. 10 from 1 to 3:30 p.m. in Bldg. 606, Room 113 if there is enough interest. The workshop is open to military personnel, their spouses and federal employees. It will cover how to interview in a professional manner and appropriate replies of common interview questions. You may register at the Buckley IDS web page at [www.php-ids.com](http://www.php-ids.com).

For more information or to register, call 303-677-6694.

### Dept. of Labor Career Services

Every Thursday afternoon, a Department of Labor Veteran Job Service representative will be assisting veterans and transition-

ing military personnel with job search and resume review at the family support center from 1:30 to 4 p.m. For more information or to schedule an appointment, call 303-677-6694.

## Services Division

Vail Resorts are now offering liberty passes for adults and children. These passes are an exclusive military offer for Keystone only unlimited, unrestricted passes for the rest of the season. The adult pass is \$99 and the children's pass is \$69. Military personnel and family members who purchase this pass will need to take the voucher from the information, tickets and tours office to the River Run Pass office (Keystone) with their military identification cards to redeem for a picture pass. For more information contact Carolyn Gaddis in the ITT office at 303-677-6936 or 303-677-6853.

# High Frontier Dining Facility Menu (Jan. 23 - 29)

Dining hours

Breakfast: 5:30 a.m. - 8 a.m.; Lunch: 10:30 a.m. - 1 p.m.; Dinner: 5 p.m. - 7 p.m.; Midnight Meal: 11 p.m. - 1 a.m.

	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
LUNCH	Egg drop soup Pot roast Baked stuffed fish Roast loin of pork Oven brown potatoes Steamed rice Brown gravy Cauliflower combo Succotash Green beans with mushrooms	Creole soup Teriyaki chicken Veal parmesan Salmon cakes Filipino rice Parsley butter potatoes Mushroom gravy Fried cabbage Succotash Mixed vegetables	Cream of potato BBQ ham steak Turkey and noodles Beef ball stroganoff Boiled egg noodles Mashed potatoes Brown gravy Calico corn Spinach Lima beans	Tomato bouillon Herbed baked chicken Stuffed cabbage Southern fried catfish Mashed potatoes Black-eyed peas with rice Peas Sweet potatoes Chicken/turkey gravy Sweet potatoes Mixed vegetables	Italian garden soup Mexican baked chicken Swiss steak w/ tomato sauce Stuffed green pepper Baked macaroni and cheese Steamed rice Vegetable gravy Corn on the cob Spanish style beans Peas and carrots	Pepper pot soup Crispy baked chicken Cajun meatloaf Rib-eye steak Baked potatoes Mashed potatoes Brown gravy Broccoli French style peas Glazed carrots	Cream of broccoli soup Tuna and noodles Sauerbraten Chicken breast parmesan Au gratin potatoes Steamed rice Cream gravy Cauliflower combo Peas Fried cabbage
DINNER	Egg drop soup Chili macaroni Cannelloni beef Southern fried chicken Cottage fried potatoes Mashed potatoes Chicken/turkey gravy Steamed squash Glazed carrots French style peas <b>Short Order:</b> Grilled Polish sausage Steak and cheese sub	Creole soup Country captain chicken Meatloaf Turkey a la King Steamed rice Mashed potatoes Mushroom gravy Harvard baked beans Mustard greens Okra/tomato gumbo <b>Short Order:</b> Sloppy BBQ beef Roast beef sub	Cream of potato soup Lemon herb chicken BBQ spareribs Stuffed pork chops Scalloped potatoes Steamed rice Brown gravy Cauliflower combo Mexican rice Tempura vegetables <b>Short Order:</b> Cheese fishwich Monte Cristo sandwich	Tomato bouillon Roast loin of pork Jaeger w/mushroom sauce Cornish hen Potato halves Orange rice Chicken/turkey gravy Simmered pinto beans Corn combo <b>Short Order:</b> Cannonball sandwich Italian pepper beef sandwich	Italian garden soup Lasagna Spaghetti w/meat sauce Sweet Italian sausage Mashed potatoes Vegetable gravy Broccoli polonaise Cauliflower Italian style baked beans <b>Short Order:</b> BBQ pork sandwich Burritos	Pepper pot soup Fish Almondine Stir fry chicken with broccoli Pork chops w/ mushroom gravy Risssole potatoes Rice pilaf Brown gravy Fried okra <b>Short Order:</b> Buffalo wings Hot Italian sausage sandwich	Cream of broccoli soup Ginger BBQ chicken Fried shrimp Seafood cocktail Spinach lasagna Orange rice Mashed potatoes Cream gravy Black-eyed peas Corn O'Brien <b>Short Order:</b> Cheese pizza Reuben sandwich

# Star Performer

**Name** - Corey D. Mullenaux

**Unit** - 460th Communications Squadron

**Time in Service** - Two years, three months

**Duty Title** - Visual information apprentice

**Hometown** - Los Angeles, Calif.

**Hobbies** - Snowboarding

**How do your day-to-day duties contribute to mission success?**

My duties are to help convey critical information in a timely manner.

**If you could change one thing**

**Exercise, from Page 6**

buddy care training. Read the Airman’s Manual to brush up on the procedures. In a real situation, helping a wounded fellow airman is a natural reaction. In an exercise, it’s not so obvious. Take the inputs given to you by the inspector and treat it as real as you can. Check for breathing, stop the bleeding, treat for shock and get help. Get them to the Casualty Collection Point (CCP). Urgency is the key.

You may also be exposed to a UXO (Unexploded ordnance). It could be in the form of a fake bomb, or a sign or a note from an inspector. Again, review your Airman’s Manual and follow those procedures. The key here is to get away from it, report it and guard

**in the Air Force what would it be?**

I could do without the 2 a.m. dorm inspections. While I understand the necessity, they are still taxing on everyone involved.

**What has been your most memorable experience in the Air Force?**

The best experiences have been all the people I’ve had the chance to meet.

**Narrative of duties, responsibilities and accomplishments**

In the past couple of weeks, several certificates have been completed in time for presentation at various award ceremonies and retirements. In addition, I have also been able to give some time to the Airman’s Attic. Also, I was rec-

the area until help comes. Easy in real life. Tougher during an exercise

**Arrival at Deployed Location**

When our simulated troops deploy, they will arrive at Base X and be met by the in processing crew. There will be a lull in the "War" as we re-configure for the Employment Phase. During this time out, there still may be attacks and exercises, but primarily for command and control reasons.

The base will be simulating a deployed base and will be sectored like they now do in the contingency locations. Normally there would be a dozen or more sectors, but at Buckley were only going to have two. The purpose of sectoring is to



Photo courtesy of 460th Communications Squadron

**Airman 1st Class Corey D. Mullenaux, 460th Communications Squadron is a visual information apprentice at Buckley.**

ognized as a key worker during the Combined Federal Campaign this year. I had the opportunity to

design the promotion posters this year.

isolate an area of the base if there’s a chemical attack so that the whole base doesn’t have to remain in MOPP 4 because of an attack at one end of the base. The unaffected sectors will return to a lower MOPP level to relieve the stress of trying to do our jobs in chem gear.

We’ll operate at Base X for a few days practicing MOPP level changes, chemical detection and decontamination and more command and control. We’ll also set up tents, lay some communication lines and basically act as if we’re somewhere else...that’s hot. There will continue to be attacks and exercises during this phase, but command and control changes to the deployed SRC (Survival Recovery Center). After we show

what we can do, the exercise will end. We’ll un-MOPP and clean up.

So that’s a brief summary of what’s going on. It’s gonna get real busy and we need everyone to step up for this. When you’re sitting in the Deployment Coordination Center for two hours in the middle of the night waiting to process and wondering why you’re there, remember that were doing this because we’re all airmen. It’s where we earn the right to be proud of what we do. It’s not fun, but it can be very rewarding. If you have questions, then ask. Now is the time to understand this mission.

In the words of our vice commander..."hooah!"



# HAWC offers running club to help achieve fitness goals

**By Mike Inglis**  
*HAWC Fitness Assessment Monitor*

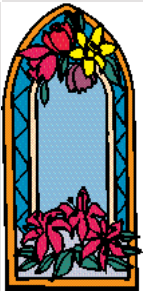
The new Air Force Fitness Program AFI 10-248 is up and “running.” Are you ready? Buckley’s Health and Wellness Center, (HAWC) is here to help achieve your fitness goals. Selecting the correct running shoe for your style, warming up and cooling down, stretching and strengthening and probably most importantly for the runner, a gradual and progressive training program can prevent running injuries. The HAWC is offering a run-

ning clinic. The course is divided into three classes that should address and meet every runner’s needs. In addition to the above topics, the introductory class will cover several issues related to individual running programs (optional, but highly recommended). The second class will be a beginners running class. Tailored to assist people who cannot run a complete 1.5-mile run without walking. This group will perform sub-maximal (low end of runner’s target heart rate) intervals with lengthy rest periods. The main goal of this class is to be able to com-

plete a full 1.5-mile run without stopping. You must be able to run the 1.5 mile non-stop in order to graduate to the third class. The third class will be based on running intervals performed in maximal intervals (high end of runner’s target heart rate) of varying lengths. The main goal of this clinic is to decrease run times, thus increasing overall fitness scores. Classes are offered several times a month. For more information or to sign up for a class you can either call us at 303-677-5698 or visit us on our website at [www.php-ids.com](http://www.php-ids.com).

**HAWC Running Club**  
**Class One**  
Covers several topics related to individual running programs (optional, but highly recommended).  
  
**Class Two**  
A beginners running class. Tailored to assist people who cannot run a complete 1.5-mile run without walking. This group will perform sub-maximal (low end of runner’s target heart rate) intervals with lengthy rest periods.  
  
**Class Three**  
Based on running intervals performed in maximal intervals (high end of runner’s target heart rate) of varying lengths.





**Worship  
Services and  
Religious  
Education**

**Protestant**

*Sunday:* Bible study,  
9.a.m.; Contemporary  
worship service, 10 a.m.  
*Tuesday:* Aerospace

Data Facility Bible study,  
11:30 a.m. - 12:15 p.m.,  
ADF conference room C.  
*Wednesday:* Singles  
dorm fellowship:  
5 p.m., dormitory lobby.

**Catholic**

*Saturday:* Confession,  
2:30 p.m.; Mass, 3 p.m.

**Buckley Chapel Schedule**

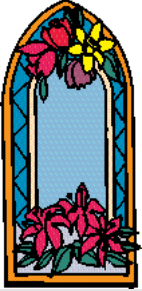
**Other Faith Groups**

Please contact the  
base chapel at 303-677-  
6411 for information on  
local and regional faith  
groups.

**Special events**

*Fellowship luncheon:*  
Second Wednesday of

each month,  
from 12 to  
12:45 p.m for  
food, fellowship  
and a brief  
devotion in Mod. 1.





# Crossword -- Hometown USAF (Vol. 2)

## Across

1. Maryland AFB home to 113th WG; a/c tail marking of DC
5. Alaska AFB home to 354th FW; a/c tail marking of AK
10. \_\_\_\_-jay Carson Daly
11. Sick
12. Aloha gift
13. Current space project (abbrev.)
14. City in south central Germany
15. Place to rest
16. From the Orient
18. See
19. Founding of a company (abbrev.)
20. Never
22. Nation wide radio (abbrev.)
24. Inventor Whitney
26. South Korean AB home to 51st FW; a/c tail marking of OS
28. Military trenching tool
31. Greek god of love
32. Worship
34. Colorado AFB home to 50<sup>th</sup> SW
37. Illinois AFB home to 375<sup>th</sup> AW
39. Car repair organization (abbrev.)
40. Nebraska AFB home to 55 FW; a/c tail marking of OF
43. California AFB home to 9th Recon Wing; a/c tail marking of BB
45. Neither’s partner
48. Slang for 1K
51. Statement given during enlistment/commissioning
54. Stock offer (abbrev.)
57. Lyrical poem
58. Military commander’s place of responsibility (abbrev.)
59. School in Carbondale, Ill. (abbrev.)
60. Arkansas AFB home to 314th AW
61. Everything
62. *Lord of the Rings* character
63. California Army fort
64. Try (as in eating)

## Down

1. Italy AB home to 31<sup>st</sup> FW; a/c tail marking of AV
2. Untouchable Elliot \_\_\_\_
3. Lucy’s partner
4. Alike

5. Alaska AFB home to 3rd WG; a/c tail mark-  
ing of AK
6. Bugs’ nemesis
7. DiCaprio and  
Burmester
8. Tot watcher
9. Nevada AFB home to  
57<sup>th</sup> WG; a/c tail mark-  
ing of WA
14. Card game
17. Actress \_\_\_\_ -  
Margaret
21. Secret clearance  
type (abbrev.)
23. Each
25. Pirate’s bounty
27. Title for Hon. James  
Roche (abbrev.)
29. USAF helicopter  
MH-53J \_\_\_\_ Hawk
30. Summer drink
33. Italian family who  
governed Ferrara (13-16  
century)
34. Type of military  
security officer  
(abbrev.)
35. Hoist
36. Football stat (abbrev.)
38. Car fluid
41. Someone who swaps goods
42. Finish
43. Texas AFB home to 311 HSW
44. Bother
46. Greenland AB home to 821<sup>st</sup> ABG
47. Arouse
49. Candy brand
50. Geek
52. Military for fast
53. Plow
55. Sewing item
56. Giants great Mel \_\_\_\_
58. Tail marking for aircraft assigned to 177th FW (NJ)

1	2	3				4		5		6	7	8		9
10						11				12				
13				14						15				
16			17			18				19				
			20		21			22	23			24	25	
26	27				28	29	30				31			
						32				33				
34		35		36						37		38		
39														
40					41		42		43		44			
						45								46
47			48	49		50					51	52	53	
54	55	56		57				58				59		
60												61		
62														

By 1st Lt. Tony Wickman

## Solutions to last week’s puzzle...

A	N	D	R	E	W	S		E	I	E	L	S	O	N
V	E	E				A	I	L	L	E	I			E
I	S	S		U	L	M		M		M	O	T	E	L
A	S	I	A	N		E	Y	E		E	S	T		L
N			N	O	T			N	P	R	E	L	I	
O	S	A	N		S	P	A	D	E		E	R	O	S
	E					A	D	O	R	E			O	
S	C	H	R	I	E	V	E	R		S	C	O	T	T
S	A	E		N		E		F	T		I			
O	F	F	U	T	T		E		B	E	A	L	E	
		T			R		N	O	R		D			T
R			G	R	A	N	D		O		O	A	T	H
I	P	O		O	D	E		A	O	R		S	I	U
L	I	T	T	L	E	R	O	C	K			A	L	L
E	N	T		O	R	D			S	A	M	P	L	E